



Optimizing Health for Women as they Age in Los Angeles County

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Office of Women's Health

- Established October 1998
- To improve the health status of women
- Serve as the focal point for promoting county programs and policies related to women's health
- Women's Health Policy Council advisory board

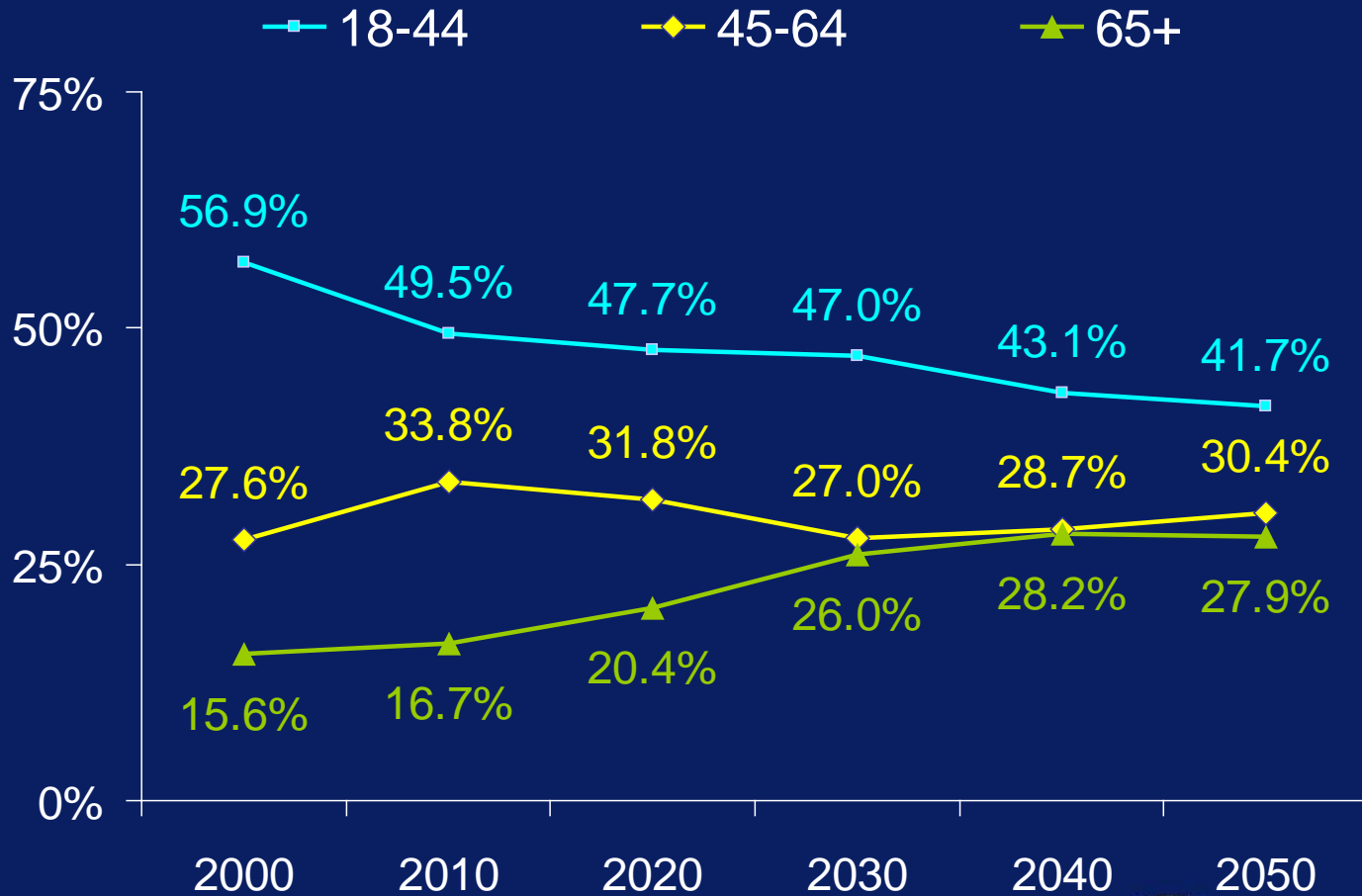


Diversity of Women in LA County

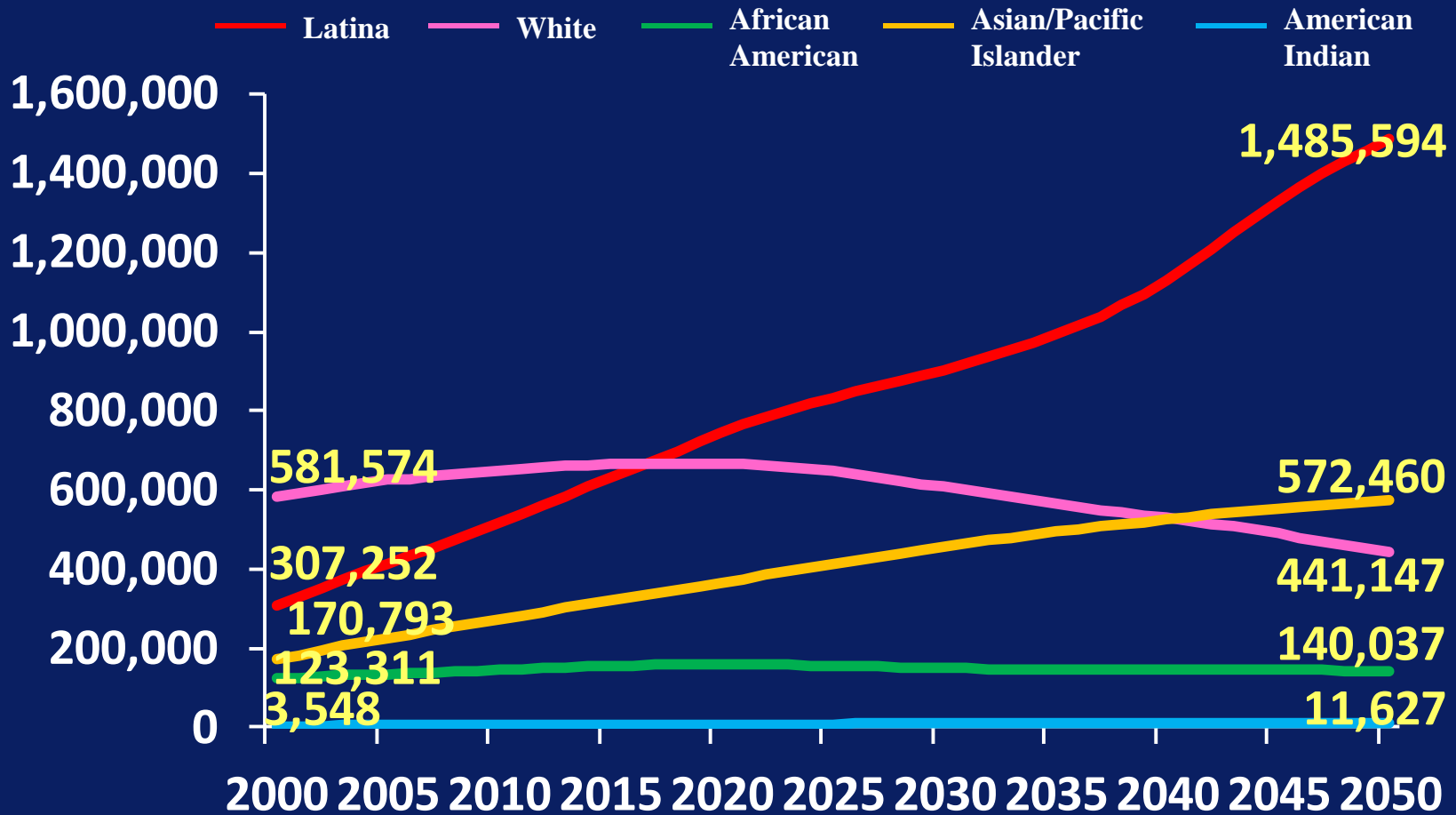
- Half of almost 10 million residents are female
- Over 65% of women in LAC are women of color
- 40% are foreign born
 - 77% of foreign born have lived in the US \geq 10 years
- Almost 1 in 4 women have less than a high school education
- Over half of women are living at $<200\%$ FPL
- Aging population – 17% are 65+ years, more women than men (13%)



LA County Adult Female Population by Age Group, 2000-2050



Projected Racial/Ethnic Composition of Females 50+ Years, LA County, 2000-2050

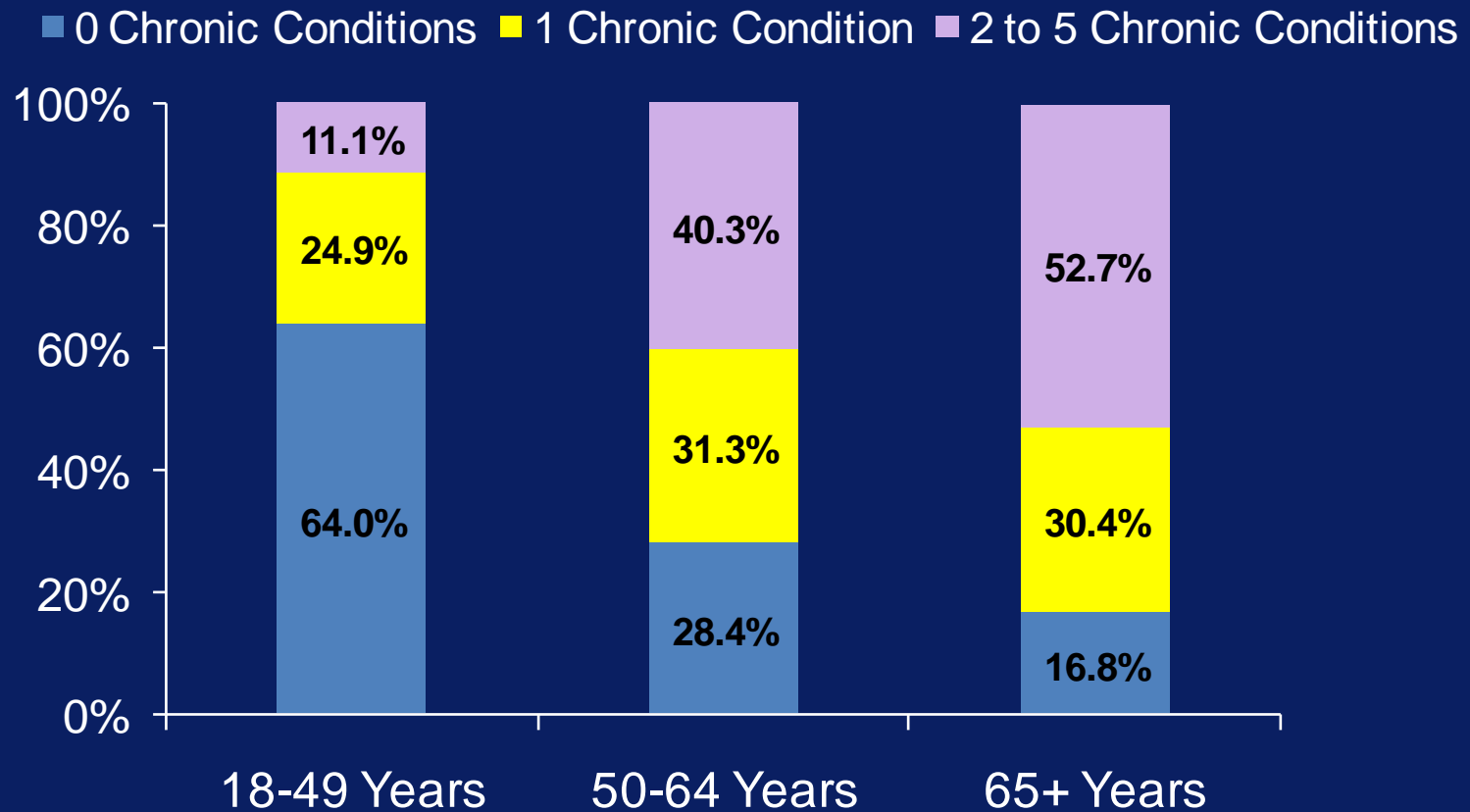


Health of Women in LA County

- One in 5 women report fair/poor health status
- 21% of women 18-64 years are uninsured
- Leading cause of death and premature death
 - Coronary Heart Disease – mortality declined by 34% from 1997 to 2006
- Increasing rates of: obesity, diabetes, high cholesterol, hypertension
- ‘All-cancer’ mortality as high as heart disease mortality



Number of Chronic Conditions for Adult Women by Age Group



Chronic Conditions: Hypertension, High Cholesterol, Diabetes, Heart Disease, Depression.



Informing Healthcare Policy

- What are the priorities of Women's Health?
 - Eliminate health disparities
 - Increase health equity
- What are the key health issues?
 - Chronic Diseases
 - Heart disease, cancer, depression
 - Access to Health Care/Insurance
 - Preventive services
 - Social and Physical Environment
 - Safer and healthier communities
- Critical not to cut services, initiatives, programs that ameliorate disparities



Prevention Matters!

- Multi-cultural, multi-lingual umbrella campaign on prevention, education and screening
- Low-income women, 35 years of age and older
- Reduce the burden of chronic disease
- Focus on heart disease and cancer
- Goals: Raise awareness, increase access to screenings, promote healthy lifestyles, promote advocacy and policy opportunities



Campaign Components



- 1-800 Hotline
 - Provides information, referrals and appointments in 7 languages
- Educational Programs – heart disease, breast and cervical cancer, HPV vaccine
- Empower Women collaboration – LACCW, VCCC, Consumer Affairs, OWH
- Community Partners network
 - >400 Educational, clinical, outreach, advocacy, Organization
 - Serve at grassroots level to bring campaign to constituents



Summit Implementation

- 2007 Women's Health Policy Summit - >400 county/community stakeholders produced 48 recommendations
- 50 Member Summit Implementation Taskforce
- Final report writing
- 8 Continuing Working Groups:
 - Health Care Reform
 - Women's Health Data
 - LA Lesbian and Bisexual Women's Health Collaborative
 - Violence and Health
 - Women with Disabilities
 - LA Healthy Aging for Women Collaborative
 - Reproductive Health and the Environment
 - Worksite Wellness



Healthy Aging for Women

- Healthy Aging Collaborative – 30 groups
- Community Dialogues – panel of experts and break out sessions.
 - Woman and Aging/Health Care Reform – October 5, 2010
 - Transitioning Through Midlife – June 21, 2011
 - Stress, Depression and Quality of Life for Women – planned for November 16, 2011
 - Topic to be determined in May 2012



Current Women's Health Data Projects

- Data webpage for OWH website – reports, surveys
- Stress, Depression and QOL data document for November 2011
- Third edition of the Health Indicators for Women in Los Angeles County - 2012



Other Projects

- DHS/DPH Collaborations
- OWH Website continued development
- Legislation, Advocacy, Policy
- Human Trafficking / UCLA



What You Can Do

- Promote the 1-800 hotline and it's services
- Fund current or future community dialogues
- Spread the word about Healthy Aging among women in the County
- Invite community agencies to become community partners





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